

JULIA O'RIORDAN FROM MCMAHON BJJ WINS GOLD AT THE 2008 IBJJF WORLD CHAMPIONSHIPS!

Julia O'Riordan started her martial arts training at Karate West in June 1992, at 5 years of age. Her first instructors were Mr. Kim Yee and Mrs. Lou Anne Yee, owners of Karate West, in Ft. Collins, Colorado.

In 1993 Julia started competing in Colorado Karate Association (CKA) Tournaments throughout Colorado as part of the Karate West Tournament Team along with her Dad, Michael O'Riordan. At those tournaments, Julia competed in both Sparring and Grappling. However, it was in Grappling that she truly excelled. Julia Rose O'Riordan has won the yearly CKA State Championship in Grappling for her age group every year from 1993 through 2007!

After 9 years of training and 8 years of competing, Julia was promoted to Black Belt in Tae Kwon Do by Mr. Yee in July, 2001.

In August of 2001, Karate West started to hold official classes in Brazilian Jiu-Jitsu. (Mr. Yee had been training in BJJ under Professor Amal Easton in Boulder for years and passing that knowledge on to his own students.) Julia and her Dad both took advantage of this opportunity to train BJJ at Karate West, and started taking these BJJ classes together. These BJJ classes were first taught by Coach Tim Mikeljack and Mr. Yee. In 2003, Coach Larry King took over the teaching duties.

After 4 years of consistent training, taking BJJ classes and seminars, as well as continuing to compete in grappling at CKA tournaments, Professor Easton promoted Julia to Blue Belt in August of 2005. The day after being promoted to Blue Belt, Julia started her freshman year at CSU.

In August 2006, Julia decided to take her BJJ training to the next level. While continuing to compete in the CKA and train at Karate West, Julia also began taking classes under Coach Erwin Lopez at Tri-Town BJJ in Frederick, CO.

In December 2006, McMahon Brazilian Jiu-Jitsu opened in Ft. Collins. McMahon Brazilian Jiu-Jitsu is owned and operated by Coach Finnie and Coach Tessa McMahon, Brown Belts and long-time instructors under Professor Easton. Once again, Julia and her Dad were among the first to sign up.

After competing on the State-level for so long in the CKA, Julia decided to step up her level of competition. Representing McMahon BJJ and the Amal Easton/Renzo Gracie Team, Julia traveled to California, and won a Gold Medal at the 2007 International Brazilian Jiu-Jitsu Federation Pan-American BJJ Championships, Women's Blue Belt Meio Pesado Division. She followed this up with a Bronze Medal at the 2007 IBJJF World Championships (Mundials.)

After this initial success on the big stage, Julia increased the intensity of her training once again. In 2008 she competed in the IBJJF Pan American Championships again, this time earning a Silver Medal for her efforts. Less than 2 months later, Julia again traveled to California to compete in the 2008 IBJJF Mundials, or World Championships. This time Julia won the Gold Medal in the Women's Blue Belt Pesado Division and was promoted on the podium to Purple Belt by Professor Easton and Coach Finnie McMahon. Now, at the tender age of 21, Julia O'Riordan is the first BJJ World Champion produced by McMahon Brazilian Jiu-Jitsu. Julia plans to continue her training at Easton, McMahon, and Tri-Town BJJ (and of course, Karate West) on her way to eventually earning the coveted rank of Black Belt in the gentle art of Brazilian Jiu-Jitsu.